

In the claims:

1. (Cancelled) A Fast Arm-Swing Tether system comprising
a frontal protrusion means with a support located in front of chest at a distance less than
length of lower arm away from chest, and
a pendulum means *for each arm*;
with said frontal protrusion means worn by an athlete;
with said support at the frontal protrusion means effective to hang said pendulum
means;
with the pendulum means hanging from the support; and
with the pendulum means effective in providing hanging support to *hand* ends of lower
arms of said athlete so as to enhance arm-swing pendulum motion.

2. (New) A device for running and walking comprising
an about parallel to upper arm pendulum means for each lower arm, and
a frontal protrusion means with support to said parallel to upper arm pendulum means
that ensures each parallel to upper arm pendulum means is about parallel to each
respective upper arm.